

Touring production

As part of our program for increasing awareness of eating disorders, **Fairmount Center for the Arts** is pleased to announce ***The Eat Tour***, starting in September, 2010. Schools throughout Northeast Ohio will have the opportunity to bring *Eat (It's Not About Food)* to their campus. Each tour venue will include a performance of *Eat* and a post-play discussion led by leading professionals from CCED and the eating disorders field. Please call the Fairmount Center at 440-338-3171 or complete and return the form below for more information.

Tell me more

- I would like to learn more about bringing ***The Eat Tour*** to my school. Please send me an information package.

Name: _____

Company/School: _____

Address: _____

City: _____ State: _____

Zip Code: _____ Phone: _____

- I would like to see *Eat (It's Not About Food)*. Please contact me about reserving my tickets. Adults: \$15, Seniors/Students: \$12, Children: \$10. Group rates are available. **Or** buy tickets now by calling 440-782-4087.

Name: _____

Address: _____

City: _____ State: _____

Zip Code: _____ Phone: _____

Return this form to: Fairmount Center for the Arts,
PO Box 80, Novelty, OH, 44072



What people are saying...

"EAT illuminates the struggle of those who suffer and of those who love them. I've encouraged my former patients and their families and friends to take this hour-long journey knowing they will leave with hope and an inspiration to spread the word about eating disorders. Linda Daugherty is saving lives with her brilliant work."

Stephanie Setliff, M.D.

Medical Director, Center for Pediatric Eating Disorders, Children's Medical Center of Dallas

"This exceptional play will forever change the way you look at the world of eating disorders and those who struggle to regain control of their lives."

Dr. Elizabeth Hughes

Executive Director, The Elisa Project, Dallas, Texas

"This is not a show about eating disorders. This is the story of American, and more recently international, obsession with food, appearance, and body image ... This show is a wake-up call [that] will motivate individuals to do things differently in their own lives."

Susan Sugerman, M.D., M.P.H.

Girls to Women Health and Wellness, P.A., Dallas, Texas

"Daugherty's EAT provides the audience with a powerful and insightful visual medium through which to understand the complicated and often not well understood inner world of young people with eating disorders."

Andy McGarrahan, Ph.D.

Clinical Psychologist, Center for Pediatric Psychiatry, Children's Medical Center, Dallas

**FAIRMOUNT
CENTER**
for the Arts

8400 Fairmount Road, PO Box 80, Novelty, OH 44072
440-338-3171 www.fairmountcenter.org

**Fairmount Center for the Arts
Fairmount Performing Arts Conservatory
presents**

EAT

It's not about food.



**Written by Linda Daugherty
Directed by Fred Sternfeld**

April 15 - May 2, 2010

Thursday, Friday, Saturday at 8:00 pm; Sunday at 3:00 pm

Adults: \$15, Seniors/Students: \$12, Children: \$10
(Group rates are available)

Call 440-782-4087 for reservations

Mayfield Village Civic Center

6622 Wilson Mills Road, Mayfield Village, OH 44143

Introduction

EAT (It's Not About Food) examines the dangerous and baffling world of eating disorders in girls and boys. Using interwoven vignettes, ranging from realistic to satirical to humorous, *EAT* candidly explores causes and warning signs, takes a hard look at the influences of society and the media, and tells individual stories of teens and adults struggling with this epidemic and too often tragic problem.

About the production

Beneath a neon sign reading "EAT" a young waitress relates that, although 850-million people in the world are essentially starving, eating can be the most difficult thing in the world. *EAT (It's Not About Food)* tells the story of 14-year-old Amy, whose downward spiral, eventual hospitalization and struggle to recover from an eating disorder is interwoven with the stories of other characters dealing with eating disorders and body image. Joey, battling bulimia, recalls being teased by classmates and describes a frantic nighttime binge. A young wrestler learns the tricks of "making weight" from a teammate. With only her face and arms visible through a cardboard cutout of a thin, glamorous female TV star, a generic television actress celebrates her perfection. Another character relates the myriad reasons for overeating while being dressed in a fat suit. "Fairly Well Recovered Calorie Woman" shares her compulsive counting as she relates the calories in a Starbucks latte.

Tickets may be reserved by calling **440-782-4087**. Adults: \$15, Seniors/Students (with valid ID): \$12, Children 12 and under: \$10. Group rates are available.

EAT (It's Not About Food) is made possible through the generous support of our sponsors.



Post-play discussion

As the lead sponsor, Cleveland Center for Eating Disorders, in conjunction with University Hospitals Geauga Medical Center and other local physicians, will host post-play open discussions immediately following each of the 12 performances. The 30-minute educational discussions are voluntary and intended to give the audience an opportunity to interact with specialists. Attendees will have the opportunity to learn more about community resources and the complexity of food, weight and body image issues that can negatively impact one's wellness.

Facts about eating disorders

What is an eating disorder?

Eating disorders are real, treatable medical illnesses with complex underlying psychological and biological causes. There are three types: Anorexia Nervosa, Bulimia Nervosa and Eating Disorder Not Otherwise Specified, for example, Binge Eating Disorder.

How many people are affected? Who is affected?

- Between 11 and 13 million people in the U.S. struggle with anorexia and bulimia nervosa. Many more people struggle daily with disordered eating patterns.
- 15 million Americans are struggling with Binge Eating Disorder, which affects men and women equally.
- Men and boys account for approximately 5-15% of patients with anorexia or bulimia with 25% of preadolescent cases of anorexia occurring in boys.
- 40% of newly identified cases of anorexia are in girls 15-19 years old.
- Eating disorders are increasing in younger age groups, as young as 7 years old, and in diverse ethnic and sociocultural groups.

Is an eating disorder really that serious?

Anorexia nervosa has the highest premature mortality rate of any psychiatric disorder. The most common complications that lead to death are cardiac arrest, electrolyte and fluid imbalances and suicide. People may also suffer from other physical health complications, such as, heart conditions, kidney failure, osteoporosis and infertility. Eating disorders frequently coexist with other psychiatric disorders such as depression, substance abuse, or anxiety disorders. 5-20% of individuals struggling with anorexia nervosa will die.

Where can one find help?

Locally, **The Cleveland Center for Eating Disorders** located at 25550 Chagrin Blvd, Suite 200, Beachwood, Ohio 44122 provides quality, evidenced-base treatment. Contact them at 216-765-0500 or toll-free at 855-531-0500. You can also visit them on the web at www.eatingdisorderscleveland.org.

Additional online resources:

National Eating Disorders Association (NEDA)
www.nationaleatingdisorders.org

Academy for Eating Disorders (AED)
www.aedweb.org

